

DELICATA SQUASH CURRY STEW

By DairyFreeGina

****DAIRY FREE** **VEGAN** **GLUTEN FREE****



Delicata squash is simply that – delicate –light yet flavorful. It blends well into stews and chili.

Ingredients:

1 small Delicata squash unpeeled

1 cup coconut milk

2 Cups Vegetable Stock

1 Tbsp. tomato paste

1 Tbsp. coconut oil

½ cup chopped onion

2 medium garlic cloves, chopped

1 Tbsp. Curry powder and turmeric

2 Cups Swiss Chard or Kale, roughly chopped

1 can chickpeas, drained and rinsed

1 Pkg Extra Firm Tofu – drained and pressed to remove excess water

Directions:

1. Wash squash. Prick up fork all around and microwave for 5 minutes . Cut in half and scoop out seeds. Cut each half into thick chunks
2. In bowl combine tomato paste and coconut milk and mix
3. In large pot, heat oil and sauté onion and garlic until soft. Add in curry powder and turmeric. Add squash, greens, coconut milk mixture, chickpeas, stock and simmer on low heat for about 45 minutes.
4. Bake tofu in 400 degree oven for about 20 minutes, flipping once until lightly browned . Dice and add to stew. Simmer for another 15-30 minutes then enjoy!

